

# Putnam Gears Up for Dramatic Rise in Ticks

New York State has some of the highest numbers of disease cases from ticks in the U.S. From 2004 to 2016, these numbers totaled 69,313, second only to Pennsylvania with 73,610, according to statistics from the Centers for Disease Control (CDC) and Prevention. So it was a timely announcement last week from New York State Governor Andrew Cuomo who unveiled a statewide tick-borne disease control plan. Details include expansion of tick control methods on public lands; increased education aimed at hikers, hunters and others at high risk; and a charge to the NYS Department of Health to pursue research partnerships to develop better diagnostic tests. A summit will be held this summer to advance the necessary research on Lyme and other tick-borne illnesses as part of this new state initiative.

"Almost everyone knows, or has heard of, someone who has had Lyme disease. This state support announced last week by Governor Cuomo is much needed and appreciated on the community level. On the personal level, it's also important for all our residents to learn about and take basic precautions," said Putnam County Executive MaryEllen Odell

"Diseases from infected ticks have more than doubled in the last 13 years in the United States," said interim Health

Commissioner Michael J. Nesheiwat, MD. "Unfortunately, these diseases are not going to disappear anytime soon. In fact, they are on the rise. The best protection we currently have is personal protection. So be vigilant: Apply repellent consistently and perform frequent tick checks. These actions can go a long way in preventing the bites and infection in the first place. They are especially important since no human vaccine is currently available." Repellents should contain 20 percent or more of DEET (chemical name, N,N-diethyl-meta-toluamide).

More than a dozen tick-borne illnesses have been identified by the Centers for Disease Control (CDC) and Prevention, including five that infect residents in the Hudson Valley region. Lyme disease is the most common and the most wellknown, but anaplasmosis, ehrlichiosis and babesiosis are increasing as well. Powassan disease, a rarer and potentially deadly infection, is also carried by the same blacklegged tick, or "deer tick," that transmits Lyme disease, anaplasmosis and babesiosis.

Environmental methods to reduce tick populations continue to be studied and their use will be expanded under the new NYS control plan. These techniques include dosing the deer and rodents that carry ticks with "tickicide" and application of eco-friendly tick-control

treatments to parkland in the Hudson Valley. In some cases, permethrin-treated cotton balls which rodents use for nesting material will be used to kill ticks in the larval stage when they attach to the mice; in others a "tick control box" will apply the dog and cat preventative medicine fipronil to the rodents after they enter the box looking for bait. Additionally, the use of "tickicide" in feeding stations for the white-tailed deer will be expanded. This involves setting up rollers in a feeding station that brush tick insecticide on the deer as they eat. These stations are being used successfully in state parks on Long Island.

"Problems in diagnosis and treatment arise with these illnesses because often a patient does not recall a bite. Furthermore, early symptoms, when antibiotics are most effective, are non-specific or are similar to other viral illnesses," said Dr. Nesheiwat. "With Lyme disease, not all patients get the telltale bulls-eye rash."

Testing for Lyme disease is currently challenging. If a blood test is performed too early, the results may come back negative even though the person is really infected. The test is most accurate a full week after the suspected bite so that a person's antibodies have risen enough to be detected. A physician makes the final diagnosis based on a combination of

available tests, observation of the patient, and the patient history and description of symptoms. Currently the only way Lyme disease can be diagnosed with certainty is when the patient has the telltale bulls-eye rash. However, this only occurs in 70 to 80 percent of infected individuals. This summer, academic institutions, local health departments and professional organizations will gather at the summit to strategize about advancing diagnosis, prevention, and other best practices.

Another challenge is that a small percentage of patients who get Lyme disease have continuing symptoms after completing treatment with antibiotics. They may complain of fatigue, joint pain or muscle aches. However the cause of these lingering symptoms is not completely understood. Sometimes this is called "chronic Lyme disease," but the accurate medical name is "post-treatment Lyme disease syndrome."

Residents who have been bitten by a tick and develop symptoms within 30 days should visit their healthcare provider. The most common symptoms include fever/chills, aches and pains, and a skin rash. Providers will evaluate symptoms and order diagnostic tests if indicated. For more details, visit the CDC's webpage on "Symptoms of Tickborne Illness."

## Obituaries

### David Way

David A. Way, an 18-year resident of Patterson, formerly of Carmel, died Friday, May 25, in Danbury, CT. He was 78 years old. Dave was born on April 1, 1940 in Yonkers, to Richard and Louise (Light) Way. He attended Pocantico Hills schools in Mt. Pleasant. On June 14, 1964, Dave married the love of his life, Patricia M. Robinson in Ardsley, NY. They would have celebrated their 54th anniversary come June 14. Dave was a bus driver for M. V. Transportation in Patterson for 22 years. He worked at Lisi's Towing, Automotive and Truck Repair in Brewster prior. There is good reason way the sign hanging in the kitchen of Dave's home reads 'Dave's Kitchen'... Dave simply loved cooking and creating new recipes. Dave also enjoyed collecting flashlights of all sorts and loved his parrot, Davy.

### Kathryn Lupo

Kathryn D. Lupo of Mahopac, died on Sunday, May 27, at the age of 82. She was born in New York City on August 31, 1935. Kathryn worked as an administrative assistant at Guideposts in Carmel, for many years. Her family was very important to her and she enjoyed spending time with them and making memories. Kathryn is survived by her husband Salvatore and her sons Robert, Jim, Quentin, and Tom. She was

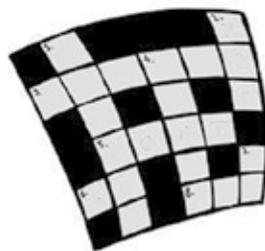
predeceased by her parents and her sister Mary.

### Robert Notaro

Robert Joseph Notaro, of Brewster, died peacefully on Tuesday May 29, in Sharon, CT. He was 77-years-old. Bob was born on February 11, 1941 in the Bronx, son of the late Joseph E. and Adeline (Citron) Notaro. He attended Iona Prep School during his freshman year in New Rochelle. Bob was an excellent football player during this time. He then continued his high school years at Edison High School in Mt. Vernon. Bob proudly served in the Army. Robert enjoyed

coming to Putnam Lake in the summers with his parents. Permanently moving to Brewster in the 80's. On October 19, 1985 Bob married the love of his life Kathleen H. Canata in Briarcliff Manor. Kathleen and Bob enjoyed close to 33 years together. He enjoyed the Caribbean, but it was St. Marten that was so special to both of them having traveled there 28 times together and doting on their two cats; Sophie and Aggie. Bob was the director of construction with Laws Construction Company in Briarcliff, NY for 13 years before retiring. Prior to working at Laws he worked for Thalle Construction for 34 years. He enjoyed fishing, skiing and

playing basketball with friends. He was quite the handyman and loved birds, dogs and cats. Bob was an avid Yankees and NY Giants fan and was a loyal friend and a devoted father. Bob is survived by his wife of 32 years, Kathleen and also his daughter; Michele E. Sheridan (Michael) of Hopewell Junction, and his son Matthew J. Notaro of Wappinger Falls, his brother Joseph E. Notaro (Arlene) and his sister in law Judy Notaro, his grandchildren; Ashley Sheridan and Michael Joseph Sheridan and several nieces and nephews. He was predeceased by his brother Thomas Notaro.



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